

SKELETAL SYSTEM

READING COMPREHENSION



SKELETAL SYSTEM

THE FRAMEWORK OF THE HUMAN BODY

Read the text below and then answer the questions.



The skeletal system, or skeleton, is made of bones, cartilage, ligaments, and ligaments. It is one of the most important parts of the human body. Its main function is to support the body and protect the internal organs. It also provides a framework for the muscles and other soft tissues. The skeleton is made of 206 bones in the adult human body. The skeletal system is a dynamic and interconnected network that adapts to the needs of the body.

Bones, the fundamental building blocks of the skeletal system, are made of a dense, hard material called bone. They are made of a protein called collagen and a mineral called calcium. Bones are made of a porous, spongy material called bone marrow. The bones are made of a porous, spongy material called bone marrow. The bones are made of a porous, spongy material called bone marrow. The bones are made of a porous, spongy material called bone marrow.

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Cartilage is a flexible, non-living connective tissue. It is found in the joints of the bones. It allows the bones to move against each other. It is made of a protein called collagen and a mineral called calcium. Cartilage is found in the joints of the bones. It allows the bones to move against each other. It is made of a protein called collagen and a mineral called calcium.

Ligaments are made of a protein called collagen. They are found in the joints of the bones. They connect the bones to each other. They are made of a protein called collagen. They are found in the joints of the bones. They connect the bones to each other. They are made of a protein called collagen.

The skeletal system is not a static entity but rather a dynamic and adaptive one. Throughout life, bones undergo a process called remodeling, responding to mechanical stress, hormonal fluctuations, and other physiological factors. Osteoblasts, responsible for bone formation, and osteoclasts, responsible for bone resorption, work in tandem to maintain a balance between bone construction and breakdown.

The health of the skeletal system is critically linked to nutritional factors. Adequate intake of calcium and phosphorus is essential for bone strength. Vitamin D, a fat-soluble vitamin, plays a crucial role in enhancing bone health by facilitating the absorption of calcium in the intestines and promoting bone formation.

As individuals age, the skeletal system undergoes natural changes. Bone density decreases, leading to an increased risk of fractures and osteoporosis. However, adopting a proactive approach to bone health can mitigate these age-related changes. Regular weight-bearing exercise, proper nutrition, and a healthy lifestyle contribute significantly to maintaining a strong and functional skeleton.

In essence, the skeletal system is a testament to the intricate design and functionality of the human body. Beyond its foundational role in providing structural support, it is an active participant in various physiological processes.



Skeletal System Reading Essentials In Science

G Orfield



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